

EXERCISE IS MEDICINE ON CAMPUS (EIMOC)

EIMOC is directed by the School of Kinesiology and Recreation (KNR) and is a collaboration with Student Health and Counseling Services, Campus Recreation, and Health Promotion and Wellness. When you are referred by Student Health or Counseling, School of KNR EIMOC staff will work with you, based on your needs, to help you to integrate physical activity into your life.

We provide 6-8 weeks of free personal training, in addition to open hours in our private exercise labs. After that time, you can continue to use our facility during open exercise hours, move into small group training, and/or work with another trainer recommended by the EIMOC staff. While on campus, you'll have access to our staff and programs.

Scan the QR code below to get started with ISU EIMOC!



Free

Private

6-8 weeks

**Individualized
Exercise
Programming**

EIMOC AT ISU

Initial Appt.: 176A McCormick
Training: 177 McCormick

Contact and Social Media:

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[https://kinrec.illinoisstate.edu/
services/exercise/](https://kinrec.illinoisstate.edu/services/exercise/)

FB: ISU Exercise is Medicine

Instagram: ISU Exercise is
Medicine